



August 2015 Peas and Carrots

Provided by the Indiana FSSA's Division of Aging

"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time." - Sylvia Plath



August Holidays (Who Knew?)

At first glance, August might seem light on the holiday offerings. But we dug a little deeper to find a helping of celebrations to help us all beat the heat.

August 9th: Book Lover's Day — Today is the day to exalt book lovers of all shapes, sizes, covers, and word counts.

August 10th: Lazy Day — And a lucky day because this year it falls on a Friday! Start the weekend early by doing absolutely nothing.

August 13th: International Left-Handers Day — For those world citizens who have found themselves in a right-handed scissors world, today the world honors your special gift.

August 18th: National Bad Poetry Day — Roses are red/ Violets are blue/ You probably saw this joke coming/ But we made it anyway.

August 21st: National Senior Citizens Day — On August 19th, 1988, a proclamation was made by the then-president that deemed August 21st as a national day to give older US citizens thanks and a heartfelt salute!

<http://mentalfloss.com/article/31355/15-offbeat-holidays-you-can-celebrate-august>

Word Search...Back to School, Dog Days, and Last Vacation

R H M S W E L T E R I N G I A
Y E D O X I O A G E C Q P C U
H N W X S D L L Q M W C K B G
J A G O I Q A N S M J F Y A U
U B R R M D U U V U J W U C S
Z E E V I N L I A S D Z D K T
F P H O E T W L T F K W P P G
A D L O R S Z A C O H Z N A K
D U P Y F K T H L S E Z O C Y
S L E F T I E S Z Y J S I K N
S E L U D E H C S A C P T S U
P T U V C X X B Q D S J A H N
R T K P R P S J H G B O C Q Q
B V A Z R G B C Q O M I A R D
S K O O B R W T Z D H A V U W

AUGUST
BACKPACKS
SWELTERING
PERIDOT
LEFTIES
DOG DAYS OF SUMMER
SULTRY
GLADIOLUS
BOOKS
HARVEST
VACATION
SCHEDULES
LAWNMOWER
MOSQUITOES

Source: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>



**Division of
Aging**

Contact the Division of Aging at
1-888-673-0002,
or visit us online:
www.in.gov/fssa/2329.htm

August is National Peach Month

The peach—symbol of longevity and immortality—this fuzzy red and golden skinned fruit originated in China over 2,500 years ago. Now it is as much of an American summer as watermelon, corn on the cob, and lemonade. How to pick a fresh peach:



- Look for plump, fragrant fruit that gives a little with pressure and that has no bruises.
- Look at the peach's golden background color to help determine ripeness - the red blush on the skin has nothing to do with ripeness so you want to make sure the background color is golden and contains no green.
- Trust your nose! A ripe peach smells, well...ripe. A peach will continue to ripen once it is picked unless it was picked when it was too immature. An immature peach will never ripen. It will get soft but it will just not taste like a peach.
- Place unripe peaches in a paper bag to help them ripen faster. Once ripe, peaches can be stored on the counter for a few days or in the fridge for about a week.

Top Ways to Enjoy Peaches

- **Bake, Broil, or Sauté.** For a delicious snack or side dish, warm peach slices by using one of these cooking methods, and add a little cinnamon.
- **Beverage Blast.** Add an extra flavor surge to your tea or lemonade. Just muddle fresh or frozen peaches in the bottom of a glass before pouring.
- **Drink 'em.** Toss fresh or frozen peaches into a blender with low-fat yogurt (or milk), bananas, and ice. Then blend away for a delicious smoothie.
- **Grill 'em.** Peaches taste great warm from the grill! Put them on kabobs with your other favorite fresh fruit or just grill some slices by themselves and enjoy.

Source: <http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-peaches>

The Division of Aging is working with Netlogx and the University of Indianapolis Center for Aging and Community to conduct a survey to gain consumers' views on the current state of the Long Term Services and Supports (LTSS) system in Indiana, as well as hear about hopes for future improvements.

**No Wrong Door
Give us Your Feedback**

Please consider taking a short online survey (<http://www.in.gov/fssa/4936.htm>) about your views on Indiana's current system of LTSS. It will take about 10 minutes of your time, and no personal information will be collected. The results will be used to help plan a better and more connected system for all of Indiana. Thank you in advance for your assistance with this important project!



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